

GARFIELD

Campus

**WINTER
2004**



**SEATTLE PARKS
AND RECREATION**



Medgar Evers Pool

500 23rd Avenue, (206) 684-4766

Garfield Community Center

2323 E. Cherry Street, (206) 684-4788

YWCA Family Support Center

2323 E. Cherry Street, (206) 461-4486

Teen Life Center

428 23rd Avenue, (206) 684-4550

visit us online at
www.seattle.gov/parks!

Garfield Campus

Program Registration

Mail-in registration begins December 13

Walk-in registration begins January 5

Program Dates

January 1— March 28

Garfield Community Center Information

Garfield Community Center

2323 East Cherry Street

Seattle, WA 98122

Phone: (206)684-4788 Fax (206) 684-4380

Visit us online at www.seattle.gov/parks!

Hours of operation

Mon, Wed, & Fri 1 – 9 p.m.

Tues & Thurs 10 a.m. – 9 p.m.

Holiday closures

January 19, Dr. Martin Luther King, Jr.'s birthday

February 16, Presidents' Day

Program registration

Mail-in registration begins December 13

Walk-in registration begins January 5

Program dates

January 1 to March 28

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

The Community Center/Pool Advisory Council meets the second Wednesday of each month at 6 p.m. in the Community Center. For more information, please contact Michael Yasutake at 206-684-4788.

The Teen Life Center Advisory Council meets monthly. For dates and times, please call Mazvita Maraire or J.C. Ephraim at 206-684-4550.

Professional staff

Ken Bounds, *Superintendent*

Christopher Williams, *Operations Director*

Royal Alley-Barnes, *Central East Division Manager*

Michael Yasutake, *Center Coordinator*

Faizah Osayande, *Assistant Center Coordinator*

Donna Kirvin, *Teen Development Leader*

Zebedee Hill, *Recreation Attendant*

Billy McKinion, *Building Maintenance*

Gerald Gratton, *Building Maintenance*

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our facility rental brochure. (<http://www.cityofseattle.net/parks/reservations/facrentalguide.htm>)

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. **Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.

- Anyone who registers for a day camp, trip, vernight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

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Special Events



Spring Egg Hunt

Saturday, April 10, 2003, 10 a.m.

Bring your favorite egg basket or sack to hunt for the bunny's goodies.

Friday Jazz Night

Fridays starting January 23rd, 7 – 9 p.m. See Upcoming Dates Below

Join local Jazz musicians (vocalists are welcome) in a fun, "old school" jam session! Explore your creative roots, make new friends, and just have fun!!!

Jam sessions dates: 1/23, 2/20, 3/26, and 4/23

Ability to read music is not required. Open to all ages. Must have own instrument. Call Garfield Community Center for more details.

Teen Programs

Future Matters Teen Program

Tuesday–Saturday

Check Teen Monthly Calendar at the center for dates & times

Future Matters is a comprehensive teen program which focuses on environment stewardship, leadership, arts & culture, sports and education. This program encourages youth ages 13–18 to set positive goals by providing academic support and social enhancement. Participants can register at the center by completing a participation form. Program schedule is posted at the center.

Free

Teen Development Leader: Donna Kirvin



Do you need community service credit for school?

Volunteer at Garfield Community Center, Medgar Evers Pool, or the Teen Life Center. Call (206) 684-4788 for more information.

Youth Programs

Introduction to Computers

Mondays 4–6 p.m.

Grades K-6

Free

Focuses on teaching children the basics of computers through learning software, games, and related computer classes.

Computer Open Lab

Tuesday 4 - 7 p.m.

Free

Wednesday 4 - 7 p.m.

Free

Friday 1 - 3 p.m.

Free

Before School Program

Begins Jan 6 Grades K-6
Mon-Fri 7 – 9 a.m. \$175/month

On your way to work drop your child off at Garfield. We will provide breakfast and activities to help your child prepare for the school day ahead. Space is limited. **There is a minimum of 8 participants required for enrollment.** Transportation will not be provided by Garfield Community Center's van this year except for Leschi and Madrona. Parents must make arrangements with Seattle Public School for transportation.



Out of School Time

Begins Jan 6 Grades K-6
Mon-Fri 3–6 p.m. \$230/month

This is not your average after-school program. Out of School Time is a program that actively involves your child in a variety of meaningful and enriching activities. All planned activities deals involve education, sports, environmental stewardship, leadership and arts & culture. There will be Friday swim lessons @ Medgar Evers Pool (*lesson fee is included in Out of School Time cost*). **When the Seattle Public School is not in session, the program will not be offered, but we do offer One Day Camps, (see below).** Transportation **WILL NOT** be provided by Garfield Community Center's van, except for Leschi and Madrona. Parents must make arrangements with the Seattle Public School for transportation.

Winter Break Camp

Week 1, 12/22–12/26 Grades K-6
Week 2, 12/29-1/2
7 a.m. – 6 p.m. \$95/per week

Allow your child to make the best out the winter vacation by signing him/her up for winter camp! These two weeks will be both action-packed and enriching. Your child can participate in field trips, cooking, swimming, arts & crafts and other valuable activities here at Garfield. Please provide a sack lunch. At least 8 participants must be enrolled in order for camp to proceed. Pre-registration is required!

*12/24 camp closes @ 5:30p.m.

*12/31 camp closes @ 5:30p.m.

No camps 12/25 & 1/1, in observance of holidays.

One Day Camps

Jan. 26th, Mar. 19th Grades K-6
7 a.m. – 6 p.m. \$25/day

During your child's school in-service day they can participate in cooking, swimming, arts & crafts and other valuable activities here at Garfield. Please provide a sack lunch. **At least 8 participants must be enrolled in order for camp to proceed.** Pre-registration and payment are required!

Mid-Winter Break Camp

2/17 - 2/20 Grades K-6
7 a.m. – 6 p.m.
\$95/Week

Allow your child to make the best out the winter vacation by signing him/her up for mid-winter camp! These four days will be both action-packed and enriching. Your child can participate in field trips, cooking, swimming, arts & crafts and other valuable activities here at Garfield. Please provide a sack lunch. At least 8 participants must be enrolled in order for camp to proceed. Pre-registration is required!

No camp 2/16 in observance of Presidents' Day.

Youth Programs

Spring Break Camp

4/5 - 4/9

7 a.m. – 6 p.m.

\$95/week

Allow your child to make the best out of their vacation by signing him/her up for Spring Break Camp! This week will be both action-packed and enriching. Your child can participate in field trips, cooking, swimming, arts & crafts and other valuable activities here at Garfield. Please provide a sack lunch. **At least 8 participants must be enrolled in order for camp to proceed. Pre-registration is required!**



Grades K-6

Instructional Basketball

Ages 5-7

Fee: \$5.00

Come and have fun with this team sport. Our coaches will teach the fundamentals of basketball, drills, court movement, and sportsmanship of basketball. Practice days and times to be announced. Registration begins October 13th.

Cub Basketball

Ages 8-9

Fee: \$45

Participants will learn the fundamentals of basketball and will play in games with neighboring community centers. Practice days and times will be announced Nov. 1st. Registration begins October 13th.

Citywide Youth Basketball Program

Fee: \$45

Girls age groups: 10,11,12,13,14,15,16,17

Boys age groups: 10,11,12,13,14,15,16,17

All games are on Saturdays for ages 10–13 and Sundays for ages 14–17. A complete registration packet, a copy of a birth certificate and payment must be received before team assignment. Practice days and times will be available Nov. 1st. Registration begins October 13th.

Toddler Open Time

Tues/Thurs 10:30 – 11:30 a.m.

Free

Bring your little ones, up to age 5 out to play and make new friends. Adult supervision is required at all times. *(Donations are accepted)*

Evening Tots Play Group

Wed 5:30 p.m.–7 p.m.

\$2.00

Bring your little ones, up to age 5 out to play and make new friends. Adult supervision is required at all times. You are welcome to bring your favorite toys that can be played with on a hardwood floor.

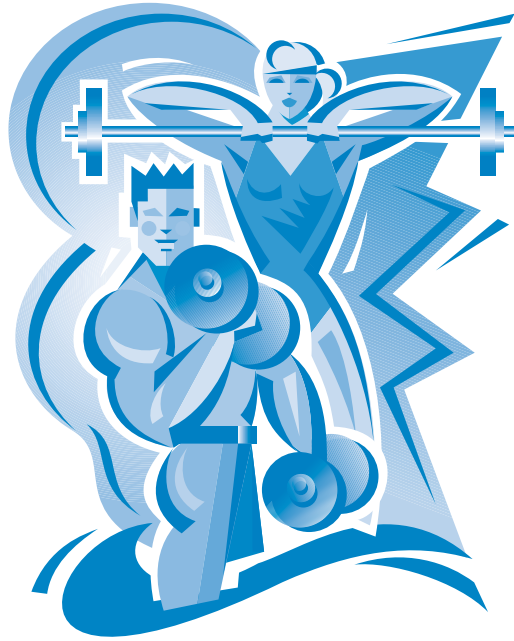


Adult Programs

Salsa Lab

Thursday 7 – 8:45 p.m. \$3 drop-in

Come dance to energizing music while salsa dancers share their movements. Join other dancers working to develop their dancing by practicing new moves or redefining others, polishing one's footwork, reinforcing dance techniques or just wanting to work out. Come with a friend or alone and introduce yourself to follow dancers. This lab can not be used for rehearsal space. This lab is not provided with an Instructor.



Fitness Club Card

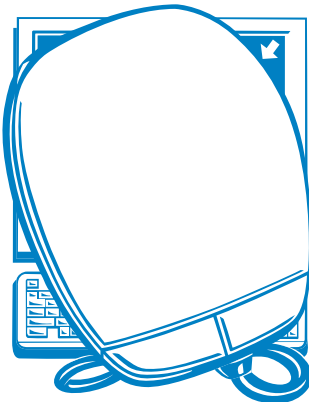
\$25/Month \$3/Drop in

This card entitles the purchaser to unlimited use of our fitness room facility. It is equipped with a treadmill, bikes, stair master, free weights and a television. Enroll a friend and receive \$5.00 off the next month free. Our Fitness room is open during the center's operating hours. Purchase a fitness club card for only \$20.00 per month.

Fitness PLUS \$30

This card entitles purchaser to unlimited use of our fitness room facility that is equipped with a treadmill, bikes, stair master, free weights, television and in addition, enjoy the Teen Life Center weight room and sauna room at Medgar Evers Pool. (Fee does not include swimming pool use)

Adult Technology Classes



Computer Open Lab Free

Tuesday 4 - 7 p.m.

Wednesday 4 - 7 p.m.

Friday 1 - 3 p.m.

Although there are few published Open Lab hours, the lab is open everyday for Drop – In hours. We do not publish our Drop – In hours because they change from day to day. On any given day, you may call the Community Center to find out if the lab is open. During Drop – In hours, the Lab Attendant will always give a ten minute warning before the lab will close.

Due to low class attendance, we will not offer our Microsoft suite classes on a regular schedule but if you are interested in taking a course, please call or stop in Garfield Technology and we will arrange to teach classes on a need basis.

Adult Technology Classes



Word I

6–8 pm Date: TBA \$10/class

Learn Word tools, selecting, formatting, cutting, copying, pasting, opening, and saving documents. **Pre-registration is required.**

Computer Basics

6–7:30 p.m. 1/22, 2/12, 3/11 \$15

Learn what the parts of a computer are, how to open a program and how to use a mouse. Training provided by Wired for Learning. **Pre-registration is required.**

Introduction To The Internet

6–7:30 p.m. 1/29, 2/26, 3/18 \$15

Learn different parts of the Internet and how to search for information, practice English and find a job. Training provided by Wired for Learning. **Pre-registration is required.**

Beginning E-mail

6–7:30 p.m. 2/5, 3/4, 4/1 \$15

Sign-up for an e-mail address and learn to compose, send, read, forward, and delete messages. Also gain familiarity with e-mail terminology. Training provided by Wired for Learning. **Pre-registration is required.**

Seniors Training Seniors in Computer Basics

Session I- Intro to Computers and E-mail

Tuesdays & Thursdays 1–3P.M.

January 6, 8, 13, & 15

Session II Intro to Internet and WWW

Tuesdays & Thursdays 1–3P.M.

February 3, 5, 10, & 12

Session I Intro to Computers and E-mail Tuesdays & Thursdays 1–3P.M.

March 2, 4, 9, & 11

Cost: \$10 per session

Seniors Open Lab 3 p.m.-4 p.m. immediately following every Thursday class

"The Seniors Training Seniors in Computer Basics classes are brought to you by the Seattle Human Services Department and the Mayor's Office for Senior Citizens." Four 2-hour classes where seniors, in small class settings, will learn about computers, how to access the Internet and to write e-mails. Classes are taught by seniors. Students should try to attend all classes in a session. **Students who register for Session II classes should have completed session I or be familiar with the computer and use of the mouse.** Students may repeat the class if there are spaces available. Class is limited to (6) students. Also new this quarter, after all Thursday classes, there will be a special Seniors open lab for an hour. This is a time where seniors can come and ask questions with supportive staff there to assist them. There is no fee for the open lab time and you do not have to be enrolled in the classes to attend.



Garfield Community Center



Senior Adult Programs

Sound Steps

Free

Join in the fun and fitness of this great group of walkers! We started something great over the summer and don't want to quit now! All levels of walkers ages 50+ welcome. Please call in advance for walk locations. Led by volunteer leaders.

Thursdays 9:30–11 a.m.

Arts & Crafts

Let There Be Light

\$5

Learn to put a hanging lamp together, from making your own shade to assembling the electric components. Includes a trip to Home Depot where you will purchase parts, cost \$20–\$35. Instructor: Eli Dobrev

Thurs, Jan 15 – 29 12:30 – 2:30 p.m.

Art Broach

\$6

Bring in those broken earrings, that favorite button and other small found objects that you can assemble into an artful broach to wear and love! Instructor: Eli Dobrev

Thurs, Feb 5 12:30–2:30 p.m.

Bob's Fish

\$5

Combine stamping, watercolor and embossing techniques to make these beautiful fish prints that are suitable for hanging! Instructor: Eli Dobrev

Thurs, Feb 12 12:30–2:30 p.m.

Felting

\$5

Learn this age-old technique of fabric making to construct your own potholder and fun decorations.

Thurs, Feb. 19 12:30–2:30 p.m.

Mosaic Mirror

Make a beautiful mosaic mirror to hang in your home or garden. Bring in any broken dishes, tiles, or found objects that you would like to incorporate!

Tues, Feb. 17 & Mar. 2 11 a.m. – 12:30 p.m.

Writing & Book Club

Five Wishes

\$6

Take this chance to write out your last wishes, words to loved ones and cherished memories in this document which can go legally hand-in-hand with your will. Includes the opportunity to establish long term care and hospitalization issues.

A must for every adult.

Fri, Jan 2 2:30 p.m.



Special Programs

Tea & Travel

\$2/session

Save the expensive airfare and go armchair traveling with Don McCort. Enjoy an exciting slide show, talk, tea and treats from the featured country. Wednesdays

Jan. 21	1 p.m.	Greece	Miller
Feb. 25	1 p.m.	Czech Republic	Garfield
Mar. 17	1 p.m.	Ireland	Miller

Cooking

Chocolate Truffles

\$10

A chocolate lovers dream! Learn to make these decadent treats with many flavor possibilities. Just in time for valentines day! Instructor: Cheryl Brown

Tues, Feb 12 10:30 a.m. – 12:30 p.m.



Hours Operation

Monday – Thursday 2 – 9 p.m.

Friday 2 p.m.– 12:30 a.m.

Saturday 8 p.m.– 12:30 a.m.

Recreation Staff

Mazvita Maraire, *Center Coordinator*

Naikia Howard OC, *Recreation Specialist*

James Bush, *Pro Parks Recreation Leader*

Daisy LaPoint, *Recreation Leader Late Night*

Erica Merritt, *Pro Parks Recreation Leader*

Kolesta Moore, *Pro Parks Recreation Leader*

Marlene Oliver Building, *Custodian*

Heather Washington, *YO Recreation Leader*

Andrew White Pro Parks Recreation Leader

Leslie Woods, *Pro Parks Recreation Attendant.*

Rushawn Darden, *High School Intern*

Christine Hairston, *High School Intern*

Edwina Motle, *High School Intern*

Rex Prasad, *High School Intern*

Campus Council

The goal of the campus council is to provide a platform where teens can learn and perform leadership activities. The campus council is open to all teens willing to get involved in making their community a better place. Come make a difference in your community.

Call James Bush @ 206-684-4550 for more details.



Garfield Teen Life Center

1. **Mission Statement:** The goal of the Teen Life Center is to provide teens with opportunities to acquire developmental assets necessary to make positive life choices.
2. **Garfield Campus Motto:** Excellent customer service, quality recreation, safe and enjoyable experiences for the whole community.

Sista' Circle

Monday and Wednesdays 4:30– 6 p.m.

In partnership with the Lifelong Aids Alliance, “Sista Circle” is a group for young females to discuss issues and health concerns facing Seattle’s young women. Young women are meeting once a week to, truly, get educated on what’s really going on in Seattle. Don’t miss out on this valuable opportunity. Come and join us!! Cal Kolesta or Christine @ 206-684-4550

Men's Group

Monday and Wednesdays 4–5 p.m.

Men’s Group is a group for males ages 13–19 to discuss issues and provide young men with a positive environment to express themselves with their peers. For more information or to sign up, please contact James at 206-684-4550.

Movie Madness

Thursdays 6–9p.m.

Come and watch your favorite movies on the big screen during the weekly picture show, eat some popcorn and win a prize if you are clever enough. For more information or to sign up, contact Christine at 206-684-4550.

Homework Help

Monday through Thursday 2–4p.m.

Need homework help? Well, assistance is here at the Garfield Teen Life Center. Bring homework questions, test preparation materials or just come for a place to study. For more information or to sign up, contact Nakia or James at 206–684–4550.

Outdoor/ Environmental Education Program

Every Tuesday from 4p.m.-6p.m.

::SNOWBOARDING::ROCK
CLIMBING::HIKING::MOUNTAIN
BIKING::CAMPING::ENVIRONMENTAL
EDUCATION::COMMUNITY SERVICE::

The Outdoor/ Environmental Education Program at the Garfield Teen Life Center is designed to engage teens ages 13–18 in a positive outdoor experiential program. We will experience and learn about environmental concepts by participating in outdoor activities. Weekly meetings will involve planning and preparation for these events, skills training, and other activities. We will also have the opportunity to give back to the environment and community through service projects. For more information, come to a meeting, or call Drew White at 206–684–4550.



Arts Corps Classes

Come take part in Arts Corps Fall classes at the Teen Life Center. The Teen Life Center and Arts Corps have forged a partnership that is designed to engage teens in interactive and hands on classes.

■ Digital Photography

Instructor: Rachel Adams

Tues & Thurs Jan 15 - Mar 13 3–4:30 p.m.

Students will be introduced to the basics of digital photography using digital cameras and computers. Students will learn in the computer lab as well as field experience.

■ Video Production.

Instructor: Brian Quist

Mon & Wed Jan 14–Mar 14 3–4:30 p.m.

The objective of teaching a Video Production class is to introduce students to the basic tools and structure of video production and to impart the knowledge needed to create meaningful films. Come join the fun and use a digital camera to make your own video.

■ Hip Hop Spoken Word

Instructor: Rice Baker Yeboah

Mon & Wed Jan 14–Mar 14 3–4:30 p.m.

Participants will explore the world of freestyle hip-hop and spoken word poetry.

Live percussion will accompany all classes and various breathing and movement exercises designed to improve participants vocal confidence.

Austin Foundation Fitness Time

Mon, Tues, Wed & Thurs 3 – 5 p.m.
Saturdays 9 – 11 p.m.

The Teen Life Center and the Austin Foundation have teamed up to provide Health and Fitness for Teens. Come take part in health, fitness, and weight training classes. Learn good nutrition habits. Those that qualify can earn credit for participation. Come release your potential in the weight room and join the positive.

Computer Lab

We are open for business. Come take part in the Teen Life Center's Computer Lab offerings.

■ Open Lab Hours

Mon – Fri 2:15 – 3 p.m.

Late night programming

Fridays And Saturdays
8–12: 30 a.m.

Be part of the solution. Late Night is more than just shooting HOOPS. It's about Recreation and making a difference in your community. It's not different it's just done a little later than normal.

Martial Arts Program

Friday & Saturday 8 - 10 p.m.. This is a free program open to teens all over the Seattle area. Learn new martial arts with the best instructor in Seattle. You will perform at different sites compete with other martial arts students, gain confidence and self-esteem, learn how to defend yourself and learn the techniques of structure and balance, get fit, and build muscles in a warm and loving environment. Daisy's (Sifi) Ninja's has performed throughout the City Parks Department for 5 years.

Austin Foundation Weight & Fitness Program is a free program that develops personal fitness, weight training and basic health skills. The program hours are 9 - 11 p.m. each Saturday Night.



Latenight Cafe

Friday & Saturday 9 -10:30p.m.

The Latenight Staff will prepare the real deal each night with the assistance of a few participants. If you want to learn basic kitchen techniques and strategies sign up now! Every meal promises to be different and tasty.

Hip Hop Showcase

Saturday 9 - 11p.m.

Do hot lyrics, crazy beats, and a fiery audience interest you? If so the we have just the place for you. Come on down to the spot and showcase your talents; you never know who might be in the audience. Need I say more? Sign-up now, space is limited.

Garfield Teen Life Center Swim Party **Free**

"Late Night Swim" It's gonna be fun! Come and enjoy the evening of relaxation, listen to some good music and spend time with other teens and friends. Fridays 8:30 -10:30 p.m. at Medgar Evers Pool. While admission is free, registration is required.

Dates: January 16th, February 20th, March 19th, and April 16th.

Dances, Movies, Cooking, Arts and Crafts, Basketball, Games, Open Mic, Discussions Groups, Weight Training, Computers, Hip Hop Dance, Swimming, field trips and much more.

Drop in, Hang out, and Participate!

Friday and Saturday 9 - 11p.m.

Don't just drop into Late Night...Hang out and participate in our activities. Enjoy your favorite board games, card games, and indoor games. In addition to videogame, hoop, ping-pong, and pool tournaments. So don't get left out. Come and take part in the fun. For more info, contact Naikia Howard.

Saturday Night Live Music Program

Saturdays 8 - 10p.m.

Interested in the music biz or have a musical talent that you would like to showcase? Come join the Saturday Night Live Music Program! This program is designed to help Teens understand and explore the importance of music in the community and their lives. This class will focus on the history of the music industry and those who have pioneered the genre.

ThrowBack Jersey Dance

TBA

Get ready for a dance like no other! If you have a throwback jersey or a regular jersey, of any sport, come through for one of the hottest dances of the year. Come enjoy a night of good entertainment, good friends, and good food. Date of dance TBA

Fitness PLUS \$30

This card entitles purchaser to unlimited use of our fitness room facility that is equipped with a treadmill, bikes, stair master, free weights, television and in addition, enjoy the Teen Life Center weight room and sauna room at Medgar Evers Pool. (Fee does not include swimming pool use)



Friday, April 30th, 2004 Teen Talent Showcase

Open to all youth ages 13-19. Youth will have the opportunity to show creative expression with a mainstream audience. This event promises to be entertaining and exciting. Applications are available at all community centers and online at [Http://www.cityofseattle.net/parks/teens/events.html](http://www.cityofseattle.net/parks/teens/events.html). Many great prizes so start practicing. Sign up now! Space is limited! For more info contact: Heather at 206-684-4550 or Heather.Washington@seattle.gov

Youth Appreciation Week April 7th to April 12th

Come celebrate Youth Appreciation Week TLC style.

Talent show, field trips, food, hoops and much, much more. Call the Center for details.

Drop-In Activities

Need to just Hang Out for a Hot Minute?

These activities are available space permitting: Foosball, Ping Pong, Dream Cast, Dominoes, DVD, Pool, music and many other fun activities.

Volunteers

Volunteers & volunteering build both character and a strong sense of community. Anyone with a vested interest in helping the community is encouraged to donate their time to our facility. Call or stop by the Teen Life Center if you or your organization would like to donate their time. Phone 206-684-4550

Fitness Club Card

\$25/Month

\$3/Drop in

This card entitles the purchaser 4/5 - 4/9er to unlimited use of our fitness room facility. It is equipped with a treadmill, bikes, stair master, free weights and a television. Enroll a friend and receive \$5.00 off the next months free. Our Fitness room is open during the center's operating hours. Purchase a fitness club card for only \$20.00 per month.

Medgar Evers Pool

500 23rd Ave., Seattle, WA 98122

(206) 684-4766

Winter 2004 - Hours of Operation

Monday– Friday Noon -8 p.m.
(closed 2:30–4p.m. until Feb.13)

Saturday 8:30 a.m.–5 p.m.

Professional Staff

Kristen Schuler, *Aquatic Center Coordinator*

Tim Ewings, *Asst. Aquatic Center Coordinator*

Holiday Closures:

New Year's Day: Thurs, Jan 1, 2004

Martin Luther King Jr. Day: Mon, Jan 19, 2004

President's Day: Mon, Feb 16, 2003

Swim Meet Closures:

Fridays 3–5:30 p.m. on 1/9, 1/16, 1/23, & 1/30

Fees And Rental Information

Recreational swimming fees

Under 1 year	Free
Children (1–18 years)	\$2.25
Adults (19 & Over)	\$3.25
Sr. Adults/Sp Pop	\$2.25
Recreation Swim Card	\$20.00

Water Fitness Program Fees:

Water Exercise/Aqua Jog	\$3.75
Senior Water Exercise/Aqua Jog	\$2.50
Fitness Pass	\$30.00

Monthly Passes

Adult Fast Pass	\$45.00
Senior/Disabled/Youth Fast Pass	\$35.00
Towels	50¢
Just a shower	\$2.00
Lockers	25¢

Budget Closure

Each of Seattle Parks and Recreation's eight indoor swimming pools will close for one week beginning in 2003 due to City of Seattle budget cuts. In 2003 the one-week closure will, through savings in staff and utility costs, help the Department absorb a \$5 million budget cut.

We will be unable to provide pool services during a pool's closure, including recreation swimming, competitive swim practices, rental and public school use. Intermittent pool staff will not be scheduled for work. Regular permanent staff will be relocated to vacancies within the Parks system or may take earned vacation time.

We have made every effort to schedule the "budget closure" for each pool at a low-use period of the year, when outdoor pools are open, or following an already planned preventive maintenance closure. The closures are staggered throughout the year so that swimmers can always find alternate locations.

The City's budget for 2003 has been adopted. Because of a \$63 million shortfall in General Fund revenues, Seattle Parks and Recreation must absorb \$5 million in reductions, and some user fees will go up. For swimming pools, the adopted budget includes for 2003 the slightly higher fees we proposed for 2004. For the complete list of fees, please visit our website at www.cityofseattle.net/parks, and under "2003–2004 Budget," click on "Fees and Charges."



General Information

- Water temperature: 85degrees
- Depth Range: 3–12ft.
- 72 lengths = mile
- served by metro buses: 3, 4, 48, 84
- Pool lift and portable steps for non ambulatory persons
- Two ADA accessible Family Changing Rooms
- Please use the recycling containers or garbage cans located in the lobby
- Children 6yrs and older must use the appropriate gender locker room
- Absolutely no glass

Redwood Cedar Sauna

The Sauna is available during all of our hours of operation. Children under the age of 18, *must* be accompanied into the Sauna by their parent.

Universal Weight Machine

The Universal weight machine is available for use during normal operating hours. Check out a weight pin from the cashier. Open to adults 18 and over.

Recreational Swimming

Lap Swim

Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. **This program is offered in conjunction with other swims going on in the pool at the same time.**

M–F Noon – 2:30 p.m. (5 lanes available)

M–F 2:30–4p.m. Beginning Feb 16

M–F 4–5:30 p.m. (1 lane available-none on swim meet Fridays)

M–Th 5:30–8 p.m. (3+ lanes available)

F 5:30–7 p.m. (3 lanes available)

Sa 8:30–5p.m.

Early Morning Lap Swim

Payment by Recreation card or check only — no cash

MWF 6:30 – 8 a.m. (Jan. 2–Feb. 6)

MWF 6 – 7:30 a.m. (beginning Feb. 9)

Public Swim

Recreational swimming for all ages. Children under 3'6" tall and/or under 6 years of age must be accompanied into the pool by an adult.

MW 4–5 p.m. (shallow-end only)

Fri. 4–5:30p.m. (shallow-end only)

MWF 6:30–8 p.m.

(6:30–7p.m. shallow end only)

Sat 1:30 – 2:50 p.m.

Garfield Teen Life Center Swim Party Free

“Late Night Swim” It’s gonna be fun! Come and enjoy the evening of relaxation, listen to some good music and spend time with other teens and friends. Fridays 8:30 -10:30 p.m. at Medgar Evers Pool. While admission is free, registration is required. Dates: January 16th, February 20th, March 19th, and April 16th.

Dances, Movies, Cooking, Arts and Crafts, Basketball, Games, Open Mic, Discussions Groups, Weight Training, Computers, Hip Hop Dance, Swimming, field trips and much more

Pool Playland

A fun swim for Tots and their Mom and Dads

MW 1–2p.m.

Family Float Swim

Recreational swimming for the whole family. All ages may participate however, parents must accompany children under the age of 19 into the pool.

Sat 10–11a.m. Sat 3–4 p.m.

Fitness Programs

Water Exercise

T & Th 7 - 8p.m.

Drop-in

Sa 9–10a.m.

Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and fitness abilities. The class is set to energizing music and is designed to get your heart pumping with minimal impact on your joints.

Instructor: Shawn Owens

Water Walking/Adapted Water Exercise

MW Noon - 1p.m.

The newest fitness craze to hit the pool!

This class is appropriate for anyone who wants a good "joint healthy" work out. It is great for people with arthritic conditions or other physical limitations where joint mobility and flexibility is the priority

The aerobic portion of this workout is low impact and features big band and jazz music.

Instructor: Justin Knight

Deep Water Aqua Jogging Drop In

MW 6-7p.m., F 5:30-6:30p.m.

Build strength and endurance, increase muscle tone, lose weight, and/or speed up recovery from an injury with this great water aerobics class. Flo-tation belts are provided for this class which allows for an impact free workout.

Pilates

Preregistration required

Instructor: Barbara Dick

Continuing Sa 9-10a.m.

Beginner's Sa 11:15a.m.-12:15p.m.

This program uses the techniques invented by Joseph Pilates. This class, which is taught in the new exercise area at Medgar Evers involves strengthening and conditioning exercises that work the inner core muscles.

Swiss Ball

Pre-registration required

Instructor: Barbara Dick

Sa 10:15a.m.-11p.m.

W 7:15-8p.m.

This class uses inflated Swiss Exercise Balls and incorporates many different muscle groups. Considered an excellent choice for aerobic and strengthening by Physical Therapists. This class is fun and challenging. Participants bring there own ball.



Special Events

Family Dive-In Movie Night

Fridays, 1/16, 2/20, 3/19, 4/16

6:30-8p.m. Regular Admission

Swimming fun for the whole family. Enjoy swimming with all the lights out while watching a family appropriate film! Jan. 16th will feature "Finding Nemo"!

Dive In Movie for Teens

Fridays, 1/16, 2/20, 3/19, 4/16

8:30-10:30p.m.

Free

This Friday Night Swim (for teens only) will feature a different movie each month. Contact the Teen Life Center for more information: 206-684-4550.

Learn to Swim

Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for **FREE** swimming lessons for all **3rd and 4th** grade students enrolled in Seattle Public Schools. The **FREE** swim lesson program is available for the first time beginner as well as the more advanced swimmer. Vouchers will be mailed to each 3rd- and 4th-grader in 2003.

For more information on the "Learn to Swim" program, please call Evans Pool 206-684-4961 or visit the web at

www.cityofseattle.net/parks/aquatics/learntoswim.htm

Swimming Lessons

Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund only if he/she drops a class and notifies the program coordinator prior to the second class session. The pro-rated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Hints for Swimming Lessons

- Please sign up for the correct age group lessons
- Children must be at least 6 months for tot lessons and one adult per child needs to be in the water
- Children must be at least 4 and not older than 5 for kinder lessons.
- Children must be at least 6 for youth lessons.
- Children who are not toilet trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight fitting legs. No regular disposable diapers or loose fitting swim suits
- Enrich children's swimming by coming to Public or Family swims. Separate fee required
- We do not give credits or make-ups for occasional missed classes due to colds, schedule conflicts, etc
- Please stay away from the pool edge while classes are going on. Leave questions and concerns with the cashier or pool manager.
- Please stay in the spectator area during lessons and keep children not in the program with you.
- Please limit shower time in order to conserve water.
- A minimum of four students is required for all youth swimming classes. Programs may be combined or cancelled if minimum enrollment is not met.

Parent-Tots (6 months–4 years)

T or Th 6:30–7p.m., Sa 11–11:30a.m.

This class helps introduce you and your child to the swimming pool. Basic water adjustment skills are introduced with an emphasis on enjoyment and relaxation.

3-Year-Old lessons

TTh 6–6:30p.m. TTh 1–1:30p.m. (limit 3)

This class is strictly for three year olds. Children must go through a parent/tot class before registering for this class. Basic water adjustment and swimming skills are introduced with an emphasis on enjoyment and relaxation.

Kinder Lessons (4–5 years)

MW 6–6:30p.m., TTH 6–6:30p.m., Sa 11–11:30a.m.

Designed to teach the basic skills of swimming and water safety. This class will help build your child's confidence so they may continue to more advanced swimming skills.

Youth Lessons: Beginning Youth Level 1–3; Advanced Youth Level 4–7 (6yrs and up)

MW 5:30–6 p.m., TTH 5–5:30 p.m. or 5:30–6 p.m., Sa 11:30–Noon or 4–4:30 p.m.

The American Red Cross lesson format provides a steady progression of swimming classes for youth ages 6 and up. Skills range from water adjustment to crawl stroke and more advanced skills. Advanced levels focus on elementary backstroke, back crawl, sidestroke, breaststroke, butterfly, water safety skills, and diving skills.

Special Populations

Small or individualized classes for patron's with special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. For additional Special Populations programs, call 684–4950. To arrange for swim lessons call 684–4766.

Private Swim Lessons & Videotaped Stroke Analysis

Private: 1/2hr. \$22 Two students: 1/2hr. \$30

We offer private swim instruction for those who are interested in special attention. We can videotape you swimming to help with stroke technique and refinement. Space and times are extremely limited. Please call 684–7466 for info.

Adult Lessons (13 and up)

Swimming lessons are offered for all levels, from basic water adjustment to advanced swimming skills.

For class descriptions, see previous pages.

*A *minimum of four* students is required for all youth swimming classes. Programs may be combined or canceled if minimum enrollment is not met.

No class Monday, January 19 & February 16

Session I

Registration begins Monday, Dec. 8, 2003

Class	Day	Time	Dates	# Of Lessons	Fee
Tots	T &/or Th	6:30–7 p.m.	1/6–2/19	7 or 14	\$28 or \$56
Tots	SA	11–11:30 a.m.	1/10–4/3	13	\$52
3 year olds	T &/or TH	6:30–7 p.m.	1/6–2/19	7 or 14	\$42 or \$84
3 year olds	TTH	1–1:30 p.m.	1/6–2/19	14	\$84
Kinders	MW	6–6:30 p.m.	1/5–2/18	12	\$48
Kinders	TTH	6–6:30 p.m.	1/6–2/19	14	\$56
Kinders	SA	11–11:30 a.m.	1/10–4/3	13	\$52
Beg/Adv Youth	MW	5:30–6 p.m.	1/5–2/18	12	\$48
Beg/Adv Youth	TTH	5–5:30 p.m.	1/6–2/19	14	\$56
Beg/Adv Youth	TTH	5:30–6 p.m.	1/6–2/19	14	\$56
Beg/Adv Youth	SA	11:30 a.m.–noon	1/10–4/3	13	\$52
Beg/Adv Youth	SA	4–4:30 p.m.	1/10–4/3	13	\$52
Adult	TTH	6–6:30 p.m.	1/6–2/19	14	\$56
Beg. Pilates no class 2/14	SA	11:15 a.m.–noon	1/10–3/27	11	\$88
Cont. Pilates no class 2/14	SA	9–10 a.m.	1/10–3/27	11	\$88
Swiss Ball no class 2/14	SA	10:15–11 a.m.	1/10–3/27	11	\$88

Session II

Registration begins Tuesday, February 17, 2003

Class	Day	Time	Dates	# Of Lessons	Fee
Tots	T &/or TH	6–6:30 p.m.	2/24–4/1	6 or 12	\$24 or \$48
3 year olds	T &/or TH	6:30–7 p.m.	2/24–4/1	6 or 12	\$36 or \$72
3 year olds	TTH	1–1:30 p.m.	1/6–2/19	12	\$72
Kinders	MW	6–6:30 p.m.	2/23–3/31	12	\$48
Kinders	TTH	6–6:30 p.m.	2/24–4/1	12	\$48
Beg/Adv Youth	MW	5:30–6 p.m.	2/23–3/31	12	\$48
Beg/Adv Youth	TTH	5–5:30 p.m.	2/24–4/1	12	\$48
Beg/Adv Youth	TTH	5:30–6 p.m.	2/24–4/1	12	\$48
Adult	TTH	6:30–7 p.m.	2/24–4/1	12	\$48

Scheduled Closures (for high school swim meets)

Friday, Jan 9	3–5:30p.m.	Seattle Prep	boys & girls
Friday, Jan. 16	3–5:30p.m.	Lakeside	boys & girls
Friday, Jan. 23	3–5:30p.m.	Garfield	boys
Friday, Jan 30	3–5:30p.m.	Franklin	boys

Community Phone List

Recreation Information

Public Information	(206) 684-4075
Compliments/Concerns	(206) 684-4837
Picnic Scheduling	(206) 684-8021
Youth Athletics	(206) 684-7094
Adult Athletics	(206) 684-7092
Teen Program TFT	(206) 684-7097
Teen Program-Late Night	(206) 684-7136
Tennis Court Scheduling	(206) 684-7082
Garfield Teen Life Center	(206) 684-4550
E. Cherry YWCA	(206) 320-9768
Rotary Boys and Girls	(206) 324-7317
Meredith Matthews YMCA	(206) 322-6969

Community Services

Chamber of Commerce	(206) 325-2864
Rotary Boys and Girls Club	(206) 324-7317
Central Neighborhood Service Center	(206) 684-4767
East Precinct	(206) 684-4300
Metro Transit Rider Info	(206) 553-3000
Police non emergency	(206) 583-2111
Garfield Family Center	(206) 861-8248
El Centro De La Raza	(206) 329-9442
City Year	(206) 728-4883
Douglass Truth Library	(206) 684-4704
Central Area Motivational Program	(206) 812-4940

School Information

T.T Minor	(206) 726-6450
African American Academy	(206) 252-6650
Gatzert School	(206) 252-2810
MLK School	(206) 252-2900
Garfield H.S.	(206) 726-6780
Lowell	(206) 726-6430
Zion Prep	(206) 723-0580
Thurgood Marshall	(206) 726-6670
Madrona School	(206) 726-6690
Washington Middle School	(206) 726-6650

Special Interests

Asian Art Museum	(206) 654-3100
Daybreak Star Cultural Ctr.	(206) 285-4425
Discovery Park	(206) 386-4236
Green Lake Small Craft Ctr.	(206) 684-4074
Woodland Park Zoo	(206) 684-4800
Volunteer Pk. Conservatory	(206) 684-4743

Seniors Information

Senior Programs	(206) 233-7255
Central Area Senior Center	(206) 461-7816
Aquarium	(206) 386-4320

Sports Information

Capitol Hill Soccer	(206) 324-3473
Mt. Baker Rowing/Sailing	(206) 386-1913
Athletic Field Scheduling	(206) 684-4077
Seattle Tennis Center	(206) 684-4764
Seattle Little League	(206) 721-3534
Seattle International Baseball	(206) 324-3003
Central Area Panthers Football ..	(206) 853-3181
Field Scheduling	(206) 684-4077
Field Rain-Out Line	(206) 233-0055

Community Centers and Pools

Alki	(206) 684-7430
Ballard	(206) 684-4093
Bitter Lake	(206) 684-7524
Delridge	(206) 684-7423
Garfield	(206) 684-4788
Green Lake	(206) 684-0780
Hiawatha	(206) 684-7441
Highpoint	(206) 684-7422
Jefferson	(206) 684-7481
Langston Hughes	(206) 684-4757
Laurelhurst	(206) 684-7529
Loyal Heights	(206) 684-4052
Magnolia	(206) 386-4235
Meadowbrook	(206) 684-7522
Miller	(206) 684-4753
Montlake	(206) 684-4736
Queen Anne	(206) 386-4240
Rainier	(206) 386-1919
Rainier Beach	(206) 386-1925
Ravenna-Eckstein	(206) 684-7534
Southwest	(206) 684-7438
Teen Life Center	(206) 684-4550
Leschi	(206) 726-6760
Van Asselt	(206) 386-1921
Queen Anne Pool	(206) 386-4282
Ballard Pool	(206) 684-4094
Medgar Evers Pool	(206) 684-4766
Pop Mounger Pool	(206) 684-4708
Colman Pool	(206) 684-7494